

Claims

1. Cereal based food product having a water activity between 0.2 and 0.4 and comprising encapsulated DHA and/or EPA and citrus flavour.
2. Cereal based food product according to claim 1 wherein the effective amount of DHA does not exceed 2174 mg per 100 g food product, preferably does not exceed 1739 mg/100 g, and most preferably does not exceed 1304 mg DHA/ 100 g food product.
3. Cereal based food product according to claim 1 or claim 2 wherein the citrus flavour is present in an amount varying between 0.01 and 0.20 wt %.
4. Cereal based food product according to claim 3 wherein the citrus flavour is present in an amount varying between 0.10 and 0.15 wt %.
5. Cereal based food product according to claim 3 wherein the citrus flavour is present in an amount of 0.13 wt %.
6. Cereal based food product according to one of claims 1 to 5 wherein the citrus flavour is chosen among orange, lemon or grapefruit, or a mixture thereof
7. Cereal based food product according to one of claims 1 to 6 having a water activity between 0.28 and 0.38, preferably a water activity of 0.33.
8. Cereal based food product according to any preceeding claim further comprising at least one of glycerol, honey, prebiotics, probiotics, antioxidants, and oxygen absorber.
9. Cereal based food product according to any preceeding claim wherein the food product is shaped as a stick, a cake, a macaroon, is muesli-like, flakes, or a bar.
10. Packaged food product comprising a package including a cereal based food product according to one of claims 1 to 10 under modified atmosphere.
11. Packaged food according to claim 11 wherein the modified atmosphere contains less than 0.5% volume of molecular oxygen.

12. Process for making a cereal food product according to one of claims 1 to 9 comprising the steps of
- (1) preparing a cereal mix by mixing cereals, encapsulated DHA and/or EPA and a first portion of citrus flavours,
- 5 (2) preparing a binder including a second portion of citrus flavours,
- (3) mixing the product obtained under (1) and the product obtained under (2) to obtain the cereal food product,
- the temperature throughout the whole process never exceeding 80°C.
- 10 13. Process according to claim 13 wherein the temperature throughout the whole process does not exceed 50°C.
14. Use of a cereal based food product according to any of claims 1 to 9 wherein the cereal based food product comprises DHA and is intended for pregnant and/or
- 15 lactating women.
15. Use of a cereal based food product according to any of claims 1 to 9 wherein the cereal based food product comprises EPA and prevents cardio-vascular diseases.